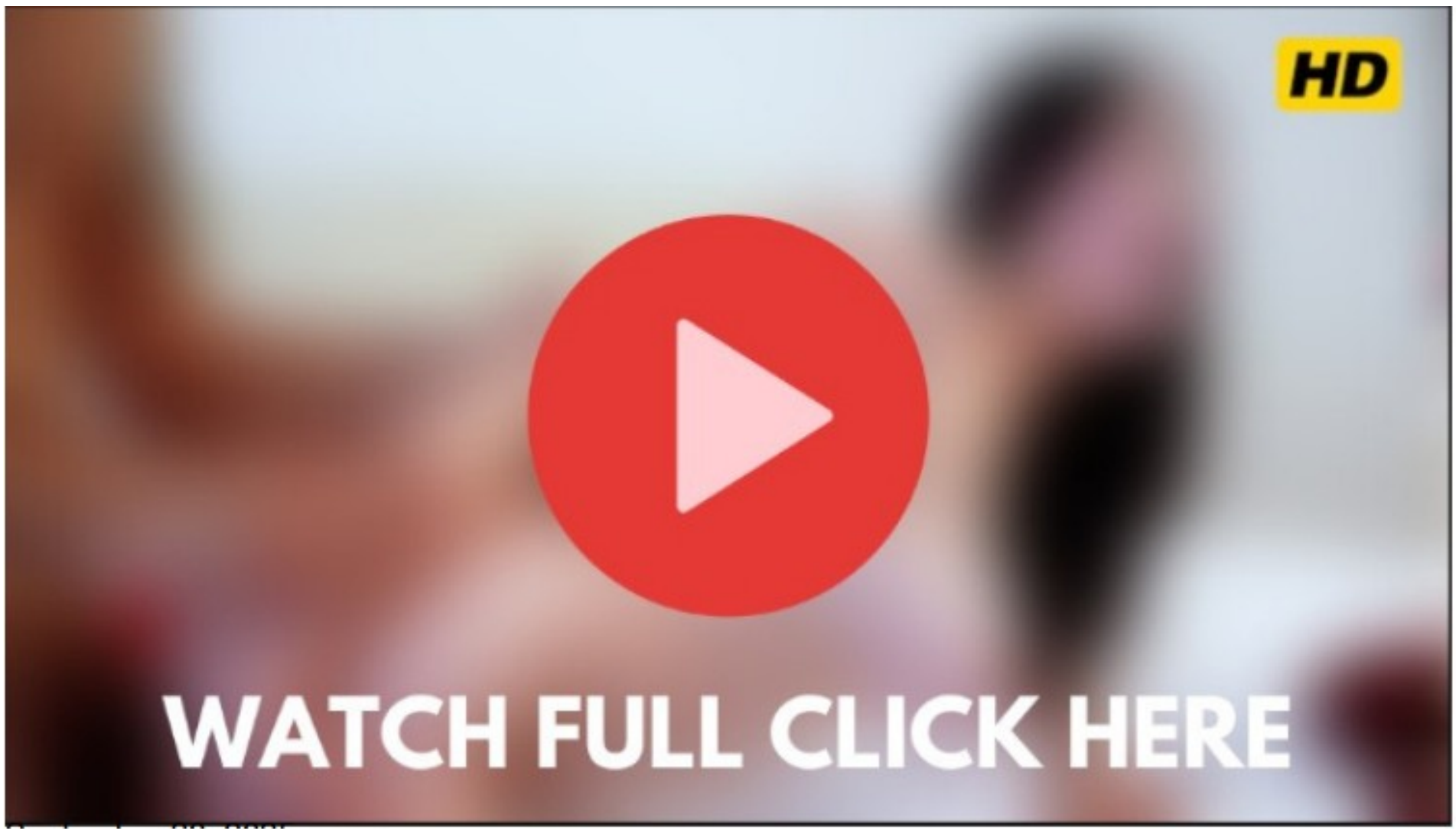Day satu nyawot